

LIFESTYLES

HAWAII MARINE B SECTION

JANUARY 27, 2006



Paintball players listen as a paintball referee explains the rules of "capture the flag," at Bellows Island Paintball facility. Island Paintball has hosted several celebrity players, including actor Paul Walker and rocker Tommy Lee.

Improved paintball combat at Bellows

Story and photos by:
Lance Cpl. Edward C. deBree

Combat Correspondent

Hunkered down behind a bunker in the middle of the forest, low crawling to avoid enemy fire, rounds whiz overhead as the enemy forces move forward to gain ground. The surrounding walls echo the impact of enemy fire. Sound like a war scenario?

This was the scene at Island Paintball at Bellows, Dec. 31, 2005, as paintball players got a last game in before the New Year.

"We made a lot of improvements to the field," said Keith Shelly, general manager at Island Paintball, Bellows Air Station. "We got brand new rental guns. We got our own air compressor now, so we can do on-demand tank fills. We also made changes to the actual field, like adding new bunkers and houses and making new scenarios."

At Island Paintball players enjoy scenarios such as capture the flag, center flag,

center scramble, assassins, protect the president and several others games.

According to Shelly, Island Paintball is the only wooded paintball field on the island of Oahu.

"The other fields on the island are great," said the 47-year-old Detroit, Mich. native. "But our field is the only true recreational field. The field at Kaneohe is a great place if you're into tournament style paintball, which is for more advanced players. Ours, anyone can enjoy because we have the wooded area, which is for beginners, but also blends in the area with all the buildings, which is for the people who like tournament paintball. We have something for everybody."

Though the field is open to the public on Saturdays, Sundays and holidays, reservations during the week are accepted. Many people make reservations during the week, said Shelly, especially corporate businesses and military units from all over the island.

"A lot of units call and

make reservations to train by playing paintball," he said. "It's a good place for training because it's wooded and there are many places to hide. I think units like to come here because they don't want to spend the money for lasers or don't want to get hit by simulation rounds. We are open for any branch of military to do things like that here. Even the Coast Guard has been coming here."

The cost to play on the field is \$10. The cost to fill up tanks is charged by the size of the tank, or \$10 for unlimited refills. Renting equipment at Island Paintball is \$25, which includes the paintball gun, mask, hopper and 100 rounds of paintballs. Players can also buy 2,000 rounds of paintballs for \$47. But military personnel shall fear not, said Shelly, Island Paintball offers a 20 percent discount to any member of the military.

Shelly said that they plan on expanding the field this year by adding a castle and more bunkers.

"We plan on visiting

more paintball fields on the mainland to give us some ideas to expand onto the paintball field," he said. "This is just a great place for paintball players, because they get to play in the shade as opposed to the other fields where they are in the sun the whole game. It's the only place where beginners and advanced players can not only play on the same field, but the same game."

People have come from all over to play at Island Paintball, even a few celebrities.

"We've had Paul Walker from 'Into the Deep' and 'Fast and Furious.' And the Los Angeles Lakers stopped by for a round when they were visiting the islands," he said. "We've also had rocker Tommy Lee from Motley Crue."

Shelly explained that his field is truly a place where anyone can enjoy a good clean, or not-so-clean game of paintball.

For more information log on to www.island-paintball.com or call (808) 422-8058.



Top: A close-up shot of a player with his red paintball gun prior to paintball warfare.

Bottom: A paintball player fires at the opposing team, while another player takes cover.



Paintball players take cover as they look for the direction of enemy fire. The cost to get in on the paintball action is \$10 a person. Another \$10 will get your gun loaded. Island Paintball rents the full set-up, gun, mask, hopper and 100 rounds of ammo for \$25.



Various entertainment under one roof

There's no worse dilemma than not having anything to do, being in a place far away from all that's familiar and not knowing where the local hot spots are. Of course, that would never happen here, where E-1s to E-5s kick their weekends of at Kahuna's Sports Bar & Grill and Kahuna's Recreation Center.

Let's start with Thursdays, while the weekend hasn't officially started it's never too early to start looking for entertainment. At Kahuna's, Thursdays are "loud and-proud" nights. And best of all, their inexpensive, too. In fact, our 25-cent wings are the reason we call these evenings "Cheap Nights Out!"

Kahuna's chicken wings are dine-in only, but that works out perfectly, because it gives patrons something to snack on while they listen to the karaoke enthusiasts.

Everyone is welcome to step up to the mike and belt out their favorite song. Applause is always encouraged.

If you prefer more experienced singers, then Friday is your night. Bands such as Ghost, Slug, Zoundbox, The Crud and more are regular acts, making this weekly performance the choice for alternative music fans.

The third Friday of the month is the only exception to alternative music as Latin Night takes over. El Conjunto Tropical brings the crowd to their feet with their renditions of cumbia, bachata, merengue and other Latin rhythms that will have you swaying your hips and looking for a salsa partner.

Every Saturday is DJ Dance Party night at Kahuna's. The rhythms will surely get you on the dance floor. While you're busting a move, your friends can purchase a Kahuna's Logo Glass for \$5. Refills are at a reduced price. Best of all, the glass makes a perfect souvenir.

On certain Saturday nights, Kahuna's hosts special events. Last Saturday's Freestyle Battle II, the second of these events held at Kahuna's, is the perfect example. This hip-hop freestyle rap competition has drawn a large crowd, mak-

ing the enlisted club the happening place to be.

Another event to mark on your calendar is DirecTV's Ultimate Fighting Championship 57, broadcasting live from Mandalay Bay in Las Vegas. Doors open at 4 p.m. with the fight beginning at 5 p.m.

The main event features Chuck "The Ice Man" Liddell vs. Randy "The Natural" Couture. Eight other fights are included on the card and promise to bring back the excitement of live ultimate fighting, which Kahuna's used to host in the past. The Budwieser girls will be there to keep the event lively. Of course, Kahuna's food and beverages will be served.

After the fight you can always conduct your own work out on the dance floor with the DJ Dance Party, which will start at 9 p.m.

Sunday's, starting in late August, is the time to watch NFL games on Kahuna's larger-than-life plasma screen TVs. Come for breakfast or try menu items from "Kahuna's Playbook," a selection of popular side dishes.

Be sure to take part in Kahuna's "Super" Super Bowl Party, on Feb. 5, with food and drink specials and the game on all the plasmas (yes, there's more than one), you can't afford to miss this party.

The alcohol-free, football game showing will take place at Kahuna's Recreation Center. This side of the Kahuna's Complex, Building 1629, houses the alcohol-free facility in which Marines and Sailors can enjoy watching the game on their screen. Patrons can enjoy pool, movies, free Internet, video games and much more.

The Recreation Center will be open on Sundays during Kahuna's football season hiatus.

A weekend at Kahuna's will keep you entertained, fed, and connected to other Marines and Sailors who make this their weekend hang out. As their slogan says, "It's always a good time at Kahuna's."

"While the weekend hasn't officially started, it's never too early to start looking for entertainment."



Millie Perera

Local act Kapena warms up the crowd at Kahuna's Sports Bar & Grill starting at 10 p.m. Local alternative bands, The Crud, Ghost, Slug and Zoundbox take the stage every Friday night starting at 10 p.m.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Sports Bar & Grill
254-7660/7661

Live entertainment — Drop by Kahuna's Sports Bar & Grill tonight for your weekly dose of live entertainment featuring alternative rock bands.

Come listen to the sounds of Ghost, performing at 10 p.m.

Texas Hold 'em — Turn the art of bluffing into some extra cash at Kahuna's Sports Bar & Grill.

Free T-shirts will be given out to all players. Hurry — limit is 50. A \$5 buy-in for E1s to E5s is needed. Kahuna's is looking for dealers, too! The game begins Saturday at 6 p.m.

Bosses' Night — It only happens once a quarter, and this Wednesday is the night in which you can bring your boss to sample the fare at Kahuna's.

From 4:30 to 6:30 p.m. only, E-6 and above are welcome to join those who would normally work for them for an evening of camaraderie. Bosses present must be in uniform of the day.

Star 101.9 radio station will be on site from 5:30 to 6:30 p.m. Snowboarding enthusiasts should make plans to be there as a snowboard will be given away that evening.

Hot Country Nights — Real country music fans appreciate a pair of jeans, a comfortably worn-in pair of boots and a Western hat. Show off all three this Wednesday at Kahuna's Hot Country Nights.

This week Dita Holifield & Red Handed make a return appearance to get you in a boot-scootin' frame of mind.

Staff NCO Club
254-5481

Friday Night on the Rocks: Beachwear Night — Staff NCOs now have a monthly event to invite off-base friends to.

Kicking off this Friday and continuing on the last Friday of every month, come on down to the club for "Friday Night on the Rocks." Featuring pupus at 4:30 p.m., a DJ or live music at 6:30, p.m. and a variety of beverages throughout the evening. The club will hold this event to

enable Staff NCOs to invite guests who might not have access to the base otherwise. Guests simply need to show their guest card given to them by the club member. Club members can get their cards through the club's unit reps or at the club's Rocker Room. Cards can be presented to any individuals you would like to meet at the club provided the invitee is 21 years or older.

This Friday's theme for the event is Beachwear.

Call the club for details.

Pub Night at the Pub with No Name — The Rocker Room will transform into it's nameless alter ego this Wednesday with a new weekly evening program.

From 6 to 9 p.m. every Wednesday to Saturday, drop by our "Pub with No Name" for some fast and inexpensive treats.

The pub offers mozzarella sticks, salads, sandwiches and burgers. This new venue is reminiscent of "Cheers," but you don't have to travel to Boston, it's right here at the Rocker Room.

Members will receive discounted pricing on their order by presenting their valid membership card.

For more information, call the club at 254-5481

Mongolian Barbecue — Change is good. Less is more. However you look at it, we've made our popular Mongolian Barbecue offering a monthly event.

On the first Thursday of each month, drop by the Staff NCO club for Mongolian Barbecue Night.

The same ingredients and pricing are still in effect. Reservations are still recommended.

Membership Appreciation Night — Members can drop by the Staff NCO Club this Friday at 4:30 p.m. for an evening of appreciation, complimentary pupus and beverages at the Rocker Room.

This is a members-only event, so be sure to bring your ID card to enjoy the evening.

Discount at Fairways Sports Bar and Grill for Staff NCO Members — The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways offers reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days. Don't forget to show your membership card to activate your discount. For more information, call 254-5481.

Officers' Club
254-7650

Pasta Lunch Buffet — Calling all pasta lovers, every Tuesday from 11 a.m. to 1 p.m., drop by The Officers' Club for our lunch buffet. Simply choose your pasta, sauce and toppings and our chefs will cook it up in no time. If you miss it on Tuesday, it is available Thursday at the same times.

Mongolian Barbecue — The Mongolian Barbecue doesn't skip a beat. Offered on Wednesday and Friday evenings, this event is one way to appease even the picky eaters in your family.

Served in the Lanai Ballroom, on the lower level of the club, be sure to present your ID card for your member discount. Reservations are recommended, but not required. For more information, call 254-7650.

Champagne Sunday Brunch — Brunch starts at the club from 10 a.m. to 1 p.m.

Menu items include, teriyaki beef, eggs Benedict, snow crab legs, bacon, Portuguese sausage, and much more.

Member pricing is \$17.50 plus \$3 with champagne, non member pricing is \$19.95 plus \$3 with champagne. Children 8 to 12 pay \$6.95,

children 5 to 7 pay \$3.95, and there's no charge for children 4 years and younger.

Reservations are highly recommended. Be sure to call ahead for seating arrangements.

First Friday Night — Next Friday is the one evening every month you can showcase the club's fare, folks and atmosphere to your special guests.

As the name implies, on the first Friday night of every month, guests will be provided pupus at 4:30 p.m., music from 4:30 to 10:30 p.m. and drink specials all evening long.

To invite friends to take advantage of this monthly offering, simply drop by the club and request cards. Invite your friends to come and visit K-Bay. They'll have the opportunity to check out club amenities in your company.

All Hands

Distribution Center Closure — Marine Corps Exchange customers who are picking up lay away items or having other business at the Distribution Center, will have to make alternate arrangements on Friday as this facility will be closed for inventory.

For questions, call 254-7531.

Executive Transition Assistance Program — The ETAP program is for military personnel who are within two years of retirement.

Commanders are encouraged to permit their retiring personnel to attend at the earliest opportunity, but no later than 90 days prior to retirement or commencement of separation leave.

The program runs Monday through Thursday, 8 a.m. to 4 p.m. Contact your unit Transition Counselor or contact Marine and Family Services for more information at 257-7790.

ACT Testing — The Joint Education Center will be offering the ACT Testing at 7:30 a.m. this Tuesday. This test is one of the most widely used and accepted college entrance acceptance examinations.

For more information, call the JEC at 257-2158.

Base Library Exhibit — Visit the K-Bay Base Library in February to see their new exhibit "Africa in the Americas." This display welcomes African-American History Month with text and images that describe the arrival of Africans in the "New World."

A second display of notable African-Americans will also be presented throughout the month.

Call the Library at 254-7624 for their hours of operation.

New Arrivals Orientation — If you're new to the base, this Thursday's orientation will provide newcomers with information to make the base your home away from home.

Presenters from various base organizations will provide a general overview of the services available to military members and their families.

For more information, call 257-7790.

Ongoing

Pro Bowl Tickets at K-Bay ITT — Looking to go to the Pro Bowl in February? Come to the Information, Tickets and Tours office at Mokapu Mall to get your tickets for the game. The supply is limited. Tickets are only available on a first-come, first-serve basis.

Seating charts will be available, so come prepared to choose your location. Tickets are \$103 for sideline seats and \$38 in the end zone. The Pro Bowl will be played Feb. 12 at the Aloha Stadium.

For more information, call 254-7563

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m. shows are \$3 for adults; \$1.50 for children. Sunday matinee, 2 p.m., shows are \$2 for adults, \$1 for children. Evening showings on Sunday and Wednesday at 6:30 p.m. and late shows Friday and Saturday at 9:45 p.m. are \$2 for adults and \$1.50 for children. For ticket pricing, the Base Theater Box Office defines adults as patrons ages 12 and older, and children as patrons 6 to 11. There is no charge for children 5 and younger. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture-taking capability, magnetometer wand, audience scanning with night vision goggles during screening. Items will be returned after screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Rent (PG-13)	Today at 7:15 p.m.
Shopgirl (R)	Today at 9:45 p.m.
Zathura (PG)	Saturday at 7:15 p.m.
Derailed (R)	Saturday at 9:45 p.m.
The Chronicles of Narnia (PG)	Sunday at 2 p.m.
Shopgirl (R)	Sunday at 6:30 p.m.
Derailed (R)	Wednesday at 6:30 p.m.
The Chronicles of Narnia (PG)	Friday at 7:15 p.m.
Syriana (R)	Friday at 10 p.m.



Lance Cpl. Roger L. Nelson

Admiral Michael G. Mullen, Chief of Naval Operations, presents Petty Officer 1st Class Larry D. Cummins, aviation structural mechanic, Executive Transport Detachment, Commander, Patrol and Reconnaissance Wing Two with the Navy Marine Corps Commendation Medal at the Base Theater, Jan. 20. Cummins, a West Valley City, Utah native, pulled a 15-year-old girl out of a submerged car Jan. 14 at the Waikiki Yacht Club.

Sailor saves girl’s life

Lance Cpl. Roger L. Nelson
Combat Correspondent

A Kaneohe Bay Sailor pulled a 15-year-old girl out of a 1993 Cadillac that was submerged in eight feet of water Jan. 14, at the Waikiki Yacht Club.

Petty Officer 1st Class Larry D. Cummins, aviation mechanic, Executive Transportation Detachment; Commander, Patrol and Reconnaissance Wing Two; was headed to his truck in the parking lot of the Waikiki Yacht Club, when he was told that a car had hit his truck. With minor damage to his automobile, he said he decided to report the incident. While on his way to the club management, he noticed a car in the water with bubbles rising around it,

“It looked like someone had dumped trash in the water, and there was a cooler floating on top of the water. I put two and two together and jumped in the water and couldn’t get into the car at first.” said the West Valley City, Utah native. “I started to sweep the back seat and felt her hair. I wasn’t going to be able to

hold my breath much longer, but I wasn’t going to let her go.”

Cummins brought the girl up from the car, only to notice she wasn’t breathing. He swam her to the pier where people helped her out of the water. Cummins then dove back to the car where he could not find anyone else.

The fire department then arrived and sent in divers who brought up Michael McCarthy, the young girl’s 66-year-old grandfather.

The girl’s name is not released, at the request or her parents.

McCarthy, an attorney, was pronounced dead in Straub Hospital & Clinic at 6:30 p.m., that night.

“It’s hard to believe there was even a car in the water,” said 37-year-old Cummins. “It makes me feel pretty good to know I saved someone’s life, but I’d like to think anyone else would have done the same. I’m no one special.”

According to Petty Officer 2nd Class Robert J. Frank, aviation electrician, ETD, MCBH, Kaneohe Bay, he was not surprised to see that it was Cummins who saved a young girl.

Personality Features

Scottsdale, Ariz. native finds home in Marine Corps

Cpl. Michelle M. Dickson
Press Chief

There are some who seem to know exactly what they want from life, right off the bat, and go for it. There are also people who like to try a little bit of everything, keeping their options open for new opportunities, while gaining worldly experience through their travels.

Lance Cpl. Dan C. Wald, motor transport, Transportation Support Company, Combat Service Support Group 3, said he has had plenty of travel and experience for his age, and thinks his time in the Marine Corps attributes greatly to that.

Growing up in San Rafael, Calif., with his parents and two younger siblings, Wald attended Terra Linda high school and participated in football and baseball, before graduating in 2000. After graduation, he moved to Arizona with a friend to attend college at Mesa Community College, majoring in criminal justice.

Although he was doing what he had planned, after high school, Wald had always kept the idea of joining the Marine Corps in the back of his mind.

“I remember when I was a freshman in high school, one of my friend’s brothers joined the Marines,” said the Scottsdale, Ariz. native. “I think seeing him come back as a Marine was kind of what did it for me.”

Feeling something missing at college, Wald withdrew from classes; his initial intentions were to join the police department.

“After thinking about it for a while, I didn’t feel I was ready for the police department at that moment, so I joined the Marine Corps,” said the 24-year-old. “I knew I had always wanted to do it, and that this would be the best time for me.”

After talking with his family about his decision, Wald was sent to Marine Corps Recruit Depot, San Diego, Nov. 17, 2003. Following boot camp graduation and Marine Combat Training, Wald traveled to Fort Leonard Wood, Mo., to train for his Marine Occupational Specialty of motor transport.

“I wanted this job from the day I signed up,” said Wald. “I would see pictures and posters of guys sitting on the top of Humvees. Riding in the ring mount with a big gun is where I wanted to be.”

Wald checked into Combat Service Support Group 3, July 2004. Working at the motor pool, he is responsible for preventive maintenance of trucks, on- and off-base runs with tactical vehi-



Cpl. Michelle M. Dickson

Lance Cpl. Dan C. Wald, motor transport, Combat Service Support Group-3 poses for a picture as he tells his story. According to Wald, the thought of joining the Marine Corps was always in the back of his mind growing up.

cles, and transporting Marines and gear safely to their destinations.

Wald’s expertise was put to the test during a seven-month deployment to Iraq, in which he and others were responsible for driving and looking out for convoys that were sent to resupply camps such as Fallujah, Blue Diamond, Ramadi and Al Asad. For one month, he was assigned to 2nd Military Police battalion, Bravo Company, based at Camp Lejeune, N.C., where he was assigned to a task force that performed dismounted and mounted patrols of vehicles, finding IEDs and clearing the supply routes for convoys.

Wald’s mother, Sue, who resides in Scottsdale, Ariz., said the family was terribly worried when they got the news her son would be deploying to Iraq.

“The distance and not being able to hear from my son for weeks at a time was definitely the most difficult thing for me,” said Sue. “I would be climbing up the walls waiting for his phone call, but the Moto-mail feature made everything easier. I knew that he was at least getting our messages.”

Wald said he thinks that his time in Iraq has made him a better person.

“It was hard out there,” he said. “I now real-

See Wald, B-5

MOVIE

TIME

Editor’s Note: In response to readers’ requests, we present “Movie Reviews.” This week, sitting in for Cpl. Megan L. Stiner, who

is on leave, is Press Chief Cpl. Michelle M. Dickson, along with Lance Cpl. Roger L. Nelson.



Film focuses on team that changed it all

Racial equality on the court: Solid actors chosen for flick

Cpl. Michelle M. Dickson
Press Chief

“You’ll play basketball my way. My way is hard.” This phrase was spoken by coach Don Haskins to his team at one of the first practices for the 1965-66 Texas Western Miners basketball season. The movie, “Glory Road,” directed by James Gartner, takes you into the world of college basketball, 40 years ago, and tells the true story of how the team was brought together and made it to the top. Coach Haskins, played by Josh Lucas, was first offered the position of coaching at Texas Western while he was currently coaching high school basketball for girls. This college opportunity would be a big step up in his life, but he would be forced to move from his home in Oklahoma to El Paso, Texas. He would also have to live in a dormitory with his wife and children, because the college lacked the funds for other accommodations. Living in the dorm would mean he would be closer to the team and could better maintain team discipline. He agrees, but before long he realizes he has to start recruiting players for the team, so he heads to colleges, but they didn’t offer him much hope. He

then takes a different approach and begins recruiting players that other colleges wouldn’t have necessarily recruited during this era, because the players were African-Americans. Although looked down on by most for his recruiting ideas, Haskins kept his players on the team and strengthened them until they had a nearly undefeated season. The team finally made it to the National Collegiate Athletic Association championship, where they played against the University of Kentucky Wildcats. It seems a lot of people are saying this flick is a lot like a second, “Remember the Titans,” only it’s a story about a basketball team. I can’t honestly say that at all, because I have never actually seen that football movie, so I’m pretty happy I can form my own opinion of “Glory Road.” The acting was extremely well done and there was a lot of emotion. Emphasis was placed on the idea of racial integration into the sports world

at that time. I mean, Haskins did in fact have an all African-American starting line up in that championship game. In NCAA history, that had never been done before for a championship game. I would highly recommend this movie for anyone who loves sports, and for all those who would like to be inspired by a moving true story. This game is considered to have changed the face of college athletics. It’s a moment in history that I think should be recognized—especially for sports fans.

Lance Cpl. Roger L. Nelson
Combat Correspondent

In the movie “Glory Road,” one man’s love for the sport, takes him from being a high school girl’s basketball coach straight into a job as head coach for the Texas Western College Miners in 1965—with a few twists. In order for coach Don Haskins, portrayed by Josh Lucas, to be head coach, he was told he had to move his family from Oklahoma to El Paso, Texas. And in order to maintain discipline, he and his family had to live in the college dormitory along with his players. Haskins returns to Oklahoma and takes no time loading up his family and moving them to Texas. He then realizes he needs to recruit players for his school — which barely has enough money to pay for a double cheeseburger from the dollar menu at McDonalds. So, he digs into his own pockets and does what it takes to get the team the players he needs, but this proves to be a task in itself.

As he travels around looking for players, he runs into a lot of people who mock the school and pretty much discourage him. About this time, he realizes he should be looking at people who aren’t going to be given scholarships to big-name colleges. After traveling across the country, he returns to Texas Western with his new players — seven African-Americans students from schools across the country. Because of the racial climate of the 1960s, this is frowned upon, and Haskin’s job is threatened. Once practice starts, the players want nothing to do with each other, so the coach decides to teach them that until they grow to not hate each other, he’ll work them to death. The big day came and Texas Western proved to be a lot more to worry about than the other teams had originally expected. So Haskins and his fleet of underdog players go through the season with one loss and, of course, make it to the big game — the National Collegiate Athletic Association Championship. It was during this part of the movie that I realized how cliché the plot is. Don’t get me wrong, I enjoyed watching it, but I felt as though I was watching a remake of “Remember the Titans.” The facts were a little off in the movie as well. Haskins actually began coaching at Texas Western in 1966 and also wasn’t the first coach to recruit African American players. The school had black players long before Haskins arrived, but he was the first coach to play an entire African-American starting lineup. Although the movie was a cliché and has been played out time and time again, I still think the acting was done well and the cast was well-selected for the movie. I would definitely recommend that everyone go out and see this film, because of the awesome acting, and to take in a little bit of history.



Employment program helps young vets

Donna Miles
American Forces Press Service

Young veterans face unemployment rates three times the national average, so a new Department of Veterans Affairs program is working to promote job opportunities for those leaving military service, the Veterans Affairs secretary said.

"Fulfilling the Commitment - Coming Home to Work" is a new VA initiative focused on veterans of Operation Iraqi Freedom and Operation Enduring Freedom, Nicholson said. The initiative, announced in mid-October, taps into existing federal, state and private-sector resources to help the 200,000 service members who separate from active military service each year.

Nicholson cited alarming unemployment rates among young

veterans and said the nation owes them assistance as they leave military service.

Almost 15 percent of veterans in the 20-to-24-year-old age group were unemployed during the first three quarters of 2005, according to the Bureau of Labor Statistics. The national rate is closer to 5 percent.

Nicholson said he's hopeful the Coming Home to Work effort will help improve veterans' job prospects by educating employers about veterans' job needs as well as the attributes veterans bring to the workplace.

"People who just come off active duty, who volunteered, who submitted themselves to all that training and regimen and discipline are just outstanding prospects for employment," he said.

"We just need to get them linked up with prospective employ-

ers, and that's what this initiative is doing."

In a related move, the VA and General Services Administration signed a formal agreement Nov. 4 expanding GSA's efforts for veterans who own businesses. The agreement commits GSA to put more emphasis on programs for veteran-owned businesses, particularly those with service-related disabilities.

By law, all federal agencies are required to strive to award 3 percent of their contracts, by value, to businesses owned by service-disabled veterans.

The new VA-GSA agreement commits the agencies to cosponsor eight regional conferences for veteran businesses in the coming year. The Small Business Administration and other federal agencies will also participate.

Wald, From B-3

ize how much people take even the smallest things for granted. The anxiety, sleep deprivation, not eating, being constantly on the move over there, but most of all, I really missed my friends and family."

Although experiencing the hardships of being in a war zone, Wald was not alone. He made strong friendships with the Hawaii Marines and Okinawa Marines who joined him in the platoon.

"I think the deployment made me much stronger of a person mentally," said Wald. "Obstacles in life don't bother me anymore. Adapt and overcome. It's true, Marines do it."

Wald said that if he was presented with the opportunity again, he would return to Iraq. In the mean time, back in Hawaii, he enjoys scuba diving, going to the beach, and has recently returned to playing baseball.

Currently, his future with the Marine Corps is undecided, as he is still weighing his future options. He said he hopes sometime in the future to become a loan officer, or perhaps stay in the reserves, and finally become a police officer.

"The Marine Corps is, at least, a four-year commitment and can be a challenge," said Wald. "But if you take pride in what you do and how you do it, you will be fine. If I choose to leave the Marine Corps, I know I'll be a better civilian than when I joined, because I'll still always be a Marine



Online opportunities, check out MSCC

DoD Office of Military Community and Family Policy

Military Advantage

The new online Military Spouse Career Center offers an extensive job board that includes hundreds of thousands of jobs as well as information about portable careers and military-friendly companies. It is DoD's commitment to offering the comprehensive array of career and employment assistance services needed by military spouses around the globe.

Features of the Military Spouse Career Center include:

- * 8 Popular Portable Career Fields
- * Job Bank with thousands of Job Openings
- * Spouse Friendly Employers
- * Career Advice from Monster, Inc. -- Steps to Career Success
- * eNewsletters and Discussion Boards
- * Marketing Your Skills in an Effective Job Search
- * Links to Department of Labor (DOL) and Department of Veterans Affairs (VA) online resources, MilitaryHOMEFRONT.dod.mil and MilSpouse.org

- * Family Support information for times of relocation, deployment, health and financial challenges, K-12, and more
- * Information and Online Services for:

Salaries, Self-Assessment Tests, Resume Builder, Interview Tips, Job Fairs, Networks, Job Search Resources, Child Care and Youth Programs, Volunteer and Non-Profit Jobs, Scholarships and Educational Opportunities



Gunnery Sgt. Claudia LaMantia

Staff Sgt. Jason C. Benedict, Company Bravo Platoon Sergeant, is surrounded by his wife Sabrina, 4-year-old daughter Briana and newborn son Jamison, April 9.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Garage Sale

Collectables, household, toys, clothes, music, movies, books, bikes, new golf clubs. Friday and Saturday, Feb. 3 and Feb. 4, 2006 from 8 a.m. to 5 p.m. at 6448B Webb Court off Cochran.

Appliances

Used Kenmore Washer and Dryer, excellent condition, \$150 for both or negotiable price if sold separately; Kenmore microwave, excellent condition, \$50; Kenmore refrigerator, good condition, \$50. Call 590-8335 or 263-2412.

Automobiles

1999 Mercedes Benz E320, 5,000 miles, white with gray interior, excellent condition, 13 months left of transferable extended warranty, \$18,000. Call 262-7953.

1999 Nissan Altima, automatic, good condition, \$3,200, or best offer. Call 351-5132.

Furniture

Leather couch and love seat, great condition, \$300, OBO; bunk beds with mattresses, \$100, OBO; kitchen table with chairs, \$100, OBO; patio furniture and miscellaneous items, best offer. Call 351-5132.

Solid pine coffee table with two end tables, 3 months old, in excellent condition. Asking \$150, firm. Call 254-0085.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.

The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.

Ads are run on a first-come, first-served basis.

To renew an ad or for more information, call the Hawaii Marine office at 257-8837 or 257-8835.

Anderson Hall Menu

Friday

Lunch
Seafood Platter
Fried Fish Nuggets
Fried Shrimp
Lasagna
Baked Ravioli
Macaroni and Cheese
Italian Mixed Vegetables

Dinner

Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Wild Rice
Simmered Broccoli
Corn on the Cob
Dinner Rolls
Chicken Gravy
Yellow Cake w/Asst.
Dressings
Assorted Fruit Pies

Saturday

Dinner
Herbed Rock Cornish
Hen
Grilled Strip Loin Steak
Mashed Potatoes
Herbed Green Beans
Simmered Carrots
Brown Gravy
Chicken Gravy
Chocolate Chip Cookies

Sunday

Dinner
Yankee Pot Roast
Baked Ham
Mashed Potatoes

Candied Sweet Potatoes
Vegetable Gravy
Chocolate Layer Cake
Chocolate Cream
Frosting

Monday

Lunch
Baked Meatloaf
Creole Pork Chops
Mashed Potatoes
Noodles Jefferson
Boston Baked Beans
Tomato Gravy
Apple Crisp
Chocolate Chip Cookies

Dinner

Baked Turkey and
Noodles
Baked Fresh Fish
Steamed Rice
Simmered Corn
Simmered Brussels
Sprouts
Chocolate Chip Cookies

Tuesday

Lunch
Beef Sukiyaki
Pork Chop Suey
Egg Foo Young
Chinese Fried Egg Rolls
Vegetable Stir Fry
Chow Mein Noodles
Sweet and Sour Sauce
Chocolate Pudding

Dinner

Creole Macaroni

Honey Ginger Chicken
Breasts
Cauliflower Au Gratin
Chicken Gravy
Assorted Fruit Pies
Assorted Cake

Wednesday

Lunch
Barbecue Spareribs
Country Style Steak
Red Beans and Rice
Mashed Potatoes
Southern Style Collard
Greens
Simmered Corn on the
Cob
Cream Gravy
Assorted Fruit Cakes
Oatmeal Cookies

Dinner

Baked Chicken
Beef Pot Pie
Boiled Egg Noodles
Mashed Potatoes
Southern Style Squash
Simmered Peas and
Mushrooms
Brownies

Thursday

Lunch
Baked Lasagna
Veal Parmesan
Mashed Potatoes
Simmered Carrots
Italian Mixed Vegetables
Tomato Gravy
Assorted Pizza Slice